



February 27, 2009
FOR IMMEDIATE RELEASE

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Calendar of Events - March 2009

Could It Be Depression or Anxiety?

Feeling sad, irritable, empty or hopeless? Are you tired, disinterested or unmotivated? Do you have trouble sleeping, concentrating or performing daily tasks? Are you worried, nervous or fearful, anxious, restless or tense? If any one of these apply to you, it may be time to speak to a professional. Paul Bultman, LCSW will offer screenings for depression and anxiety on **Monday, March 9 at 7 PM** at the Long Beach Public Library, 111 E. Park Avenue, Long Beach. For information, call Long Beach Medical Center at 897-1276.

Free Blood Pressure Screening

Long Beach Medical Center Registered Nurses will provide free blood pressure screenings and information on hypertension on **Thursday, March 12th from 12 noon to 2:00 PM** at the Long Beach Public Library, 111 E. Park Avenue, Long Beach. For information, call the LBMC at 897-1095.

Diabetes and Healthy Eating

Learn the basics of healthy eating using the U.S. Diabetes Conversation Map. The Map is an interactive game that demonstrates the American Diabetes Association's nutritional guidelines in a fun and entertaining way. **Monday, March 16 at 7:00 PM** in the Goldstein Auditorium at Long Beach Medical Center, 455 E. Bay Drive, Long Beach. For more information, call Long Beach Medical Center at 897-4354.

Dealing With Your Child's Special Needs

Mandy Breslow, LCSW and Judi Corben, MSW will address the feelings a parent may experience when faced with having a child with developmental delays or disabilities. This lecture will address not only the parent's feelings, but will offer coping strategies as well. **Wednesday, March 18 at 7:30 PM** at the Long Beach Public Library, 111 E. Park Avenue, Long Beach. For information, call Long Beach Medical Center at 897-1270.

New York State Mandated Infection Control Course

This NYS Department of Health approved program is open to health professionals, physicians' office staff and others seeking initial or renewal certification. **Tuesday, March 31, 2009, 8:00 a.m. – 11:00 AM** in the Goldstein Auditorium at Long Beach Medical Center. Fees are \$40 if pre-registered, \$45 at the door. Call the LBMC's Staff Development Dept. at (516) 897-1504 for information.

Gamblers Anonymous

Newly formed Gamblers Anonymous meetings are held **each Monday at 7:30 PM** in Conference Room D at Long Beach Medical Center, 455 E. Bay Drive, Long Beach. For more information, call 897-1250.

Gam-Anon

Newly formed Gam-Anon meetings (a self-help program for the family members, friends and loved ones of compulsive gamblers), are held **each Monday at 7:30 PM** in Conference Room C at Long Beach Medical Center, 455 E. Bay Drive, Long Beach. For more information, call 897-1250.

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Weekly Anxiety & Depression Screenings

Long Beach Medical Center's Counseling Center offers free, weekly walk-in screenings for persons experiencing depression or anxiety **every Wednesday from 2 PM to 3 PM**. Screenings will include an interview with a mental health professional. For more information, please call The Counseling Center at (516) 897-1270.

Bereavement Support Group

Long Beach Medical Center hosts a Bereavement Support Group **every Thursday from 2:30 – 3:30 PM** in LBMC's Conference Room C. The group offers assistance to individuals dealing with the death of a family member or loved one. All sessions are led by a mental health professional. For more information, contact The Counseling Center at (516) 897-1270.

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